

## **BAB V**

### **KESIMPULAN DAN SARAN**

#### **5.1. Kesimpulan**

1. Penambahan kalsium laktat terhadap sereal sarapan beras hitam pisang kepok merah berpengaruh nyata terhadap sifat fisikokimia dan organoleptik sereal sarapan beras hitam pisang kepok merah.
2. Konsentrasi Ca-laktat yang digunakan berpengaruh terhadap kadar air yang memiliki rentang nilai sebesar 2,22%-3,19%, laju rehidrasi memiliki rentang nilai sebesar 0,1495 g air/detik sampai 1,3290 g air/detik, aktivitas air ( $a_w$ ) memiliki rentang nilai sebesar 0,36-0,49, daya serap air memiliki rentang nilai sebesar 113,79%-167,28%, warna sereal sarapan dapat disimpulkan memiliki warna merah keunguan.
3. Pengujian organoleptik warna memiliki rentang nilai sebesar 3,82 sampai 4,49, organoleptik *mouthfeel* memiliki rentang nilai sebesar 4,06 sampai 4,85, organoleptik rasa memiliki rentang nilai sebesar 4,29-5,22.
4. Penambahan kalsium laktat sebesar 0,3% memberikan peningkatan laju rehidrasi dan daya serap air, sedangkan penambahan 0,3% akan memberikan penurunan nilai kadar air dan aktivitas air
5. Perlakuan terbaik hasil uji organoleptik dengan menggunakan metode *spider web* yaitu penambahan kalsium laktat dengan konsentrasi 0,5% dan perlakuan terendah 0,2%.
6. Perlakuan terbaik dan terendah dilakukan pengujian total antosianin dan aktivitas antioksidan. Total antosianin perlakuan terbaik didapatkan hasil sebesar 0,2026 mg/g berat kering dan perlakuan terendah sebesar 0,0845 mg/g berat sampel. Pengujian aktivitas antioksidan perlakuan terbaik didapatkan hasil sebesar 88,24% dan perlakuan terendah 89,83%.

**5.2. Saran**

Sebaiknya dilakukan pengujian penyimpanan sereal sarapan beras hitam pisang kepok merah dalam berbagai kemasan, sehingga dapat mengetahui lama penyimpanan sereal sarapan beras hitam pisang kepok merah.

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